

Citrus Salad (FDD)

Makes: 8 Servings

Use this recipe to help make half your plate fruits and vegetables. Grapefruit sections are a great addition to fruit or green salads.

Ingredients

- 1** grapefruit (peeled and chopped)
- 1** orange (peeled and chopped)
- 1 cup** carrots (chopped)
- 1** red onion (sliced)
- 10 cups** lettuce (torn into pieces)
- 2 tablespoons** cider vinegar
- 1 tablespoon** lime juice
- 1 tablespoon** vegetable oil
- 1 tablespoon** water
- 1/2 teaspoon** salt
- 1/4 teaspoon** black pepper
- 8 tablespoons** walnuts (chopped, if you like)

Directions

1. Combine grapefruit, orange, carrots, onion, and lettuce in a large bowl.
2. Mix remaining ingredients in a small bowl, stirring with a whisk or fork until combined.

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	11 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	105 mg
Total Carbohydrate	11 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	64 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available

3. Lightly pour dressing over vegetables.

4. If using walnuts, sprinkle on top.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder